

Mental and Emotional Health (MEH)

This concept area focuses on essential content students need to know to handle emotions in positive ways, anger and conflict management, stress management, respect, and mental health issues, including depression and suicide.

Grades Prk-2

HE1: Self Management

Students will understand how to reduce their health risks through the practice of healthy behaviors by....

- a. Applying effective ways to handle emotions, (e.g., fear, anger, happiness, sadness, frustration).
- b. Demonstrating ways to show respect for feelings, rights, and property of others.

HE2: Core Concepts

Students will show an understanding of health promotion and disease prevention concepts by....

- a. Describing what respect is and why it is important.
- b. Describing a variety of feelings and the importance of expressing them in appropriate ways.

HE4: Accessing Information

Students will demonstrate the ability to access valid information and/or resources about health issues, services and products by....

- a. Identifying trusted individuals in the home, school, and community who can provide help with troublesome feelings and solving problems.

HE5: Interpersonal Communication

Students will demonstrate use of skillful communication to contribute to better health for themselves, their families, and the community by....

- a. Using effective verbal and nonverbal communication skills to express ideas, needs, wants, and feelings.
- b. Demonstrating ways to communicate care, consideration, and respect for self and others, (e.g., making friends, giving and receiving compliments).

HE7: Decision Making

Students demonstrate the ability to make decisions that lead to better health by....

- a. Explaining when assistance is needed in making health-related decisions.
- b. Predicting outcomes of positive health decisions.

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Grades 3-4

HE1: Self Management

Students will understand how to reduce their health risks through the practice of healthy behaviors by....

- a. Identifying positive strategies to reduce stress and manage strong feelings.
- b. Demonstrating ways to show care, consideration and respect for self and others, including how to help others and acceptance of differences.

HE2: Core Concepts

Students will show an understanding of health promotion and disease prevention concepts by....

- a. Identifying indicators or characteristics of mental and emotional health during childhood.
- b. Identifying stressors and the affects on how the body works.
- c. Identifying personal strengths and assets.
- d. Describing the characteristics of positive role models.
- e. Describing the effects of teasing and bullying on others.

HE3: Analyzing Influences

Students will show understanding of how culture, media, peers, family, and other factors influence healthy behaviors by....

- a. Analyzing ways that peers and family influence feelings, behavior and well-being.

HE4: Accessing Information

Students will demonstrate the ability to access valid information and/or resources about health issues, services and products by....

- a. Identifying individuals who can provide support and help solve problems.

HE5: Interpersonal Communication

Students will demonstrate use of skillful communication to contribute to better health for themselves, their families, and the community by....

- a. Using appropriate communication skills to express emotions and appreciation for self and others.
- b. Demonstrating the ability to use listening skills to support others and understand their feelings.
- c. Applying mediation and conflict resolution skills.

HE7: Decision Making

Students demonstrate the ability to make decisions that lead to better health by....

- a. Demonstrating the ability to apply the decision-making process to health issues and problems.

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Grades 5-6

HE1: Self Management

Students will understand how to reduce their health risks through the practice of healthy behaviors by....

- a. Identifying positive ways to handle emotions, including strong feelings.
- b. Demonstrating ways to avoid or change situations that threaten health and safety, (e.g., stress, harassment, situations that could lead to trouble or violence).

HE2: Core Concepts

Students will show an understanding of health promotion and disease prevention concepts by....

- a. Describing the characteristics of a safe, healthy and respectful school and community.
- b. Describing how mood changes and strong feelings affect thoughts and behaviors and how to manage.
- c. Describing teasing, bullying and harassing behaviors.
- d. Describing common stressors and the health effects of stress.

HE4: Accessing Information

Students will demonstrate the ability to access valid information and/or resources about health issues, services and products by....

- a. Analyzing the importance of accessing help from an adult when it is needed.
- b. Identifying sources of support in the school and community who can help make decisions and solve problems for oneself or one's friends, including situations when someone is in danger of hurting self or others.
- c. Identifying resources from school and community that provide valid mental health information and services for individuals, families, and communities.

HE5: Interpersonal Communication

Students will demonstrate use of skillful communication to contribute to better health for themselves, their families, and the community by....

- a. Demonstrating effective ways to express needs, wants, and feelings to build, promote and support positive health and relationships, including seeking help and support.
- b. Demonstrating effective listening skills.

HE6: Goal Setting

Students will demonstrate the ability to set personal goals to enhance health by....

- a. Setting realistic short and long-term goals for stress management, using a goal setting model and developing plans to achieve them.

HE7: Decision Making

Students demonstrate the ability to make decisions that lead to better health by....

- a. Analyzing how individuals, families and community values influence decisions and problem solving strategies.

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Grades 7-8

HE1: Self Management

Students will understand how to reduce their health risks through the practice of healthy behaviors by....

- a. Developing healthy stress management techniques for reducing, avoiding or coping with stress.
- b. Differentiating between situations that require care and concern among friends or require getting the support and help of caring adults, (e.g., getting help vs. tattling).

HE2: Core Concepts

Students will show an understanding of health promotion and disease prevention concepts by....

- a. Identifying strategies that promote emotional and mental health, (e.g., connectiveness, communication).
- b. Describing characteristics and conditions associated with positive self-esteem/image.
- c. Describing the warning signs, behaviors, risk factors, and protective factors for depression and suicide.

HE3: Analyzing Influences

Students will show understanding of how culture, media, peers, family, and other factors influence healthy behaviors by....

- a. Describing how school, family and peers influence the health choices and behaviors of individuals.

HE4: Accessing Information

Students will demonstrate the ability to access valid information and/or resources about health issues, services and products by....

- a. Analyzing school and community health services available for support and information with problems related to emotional or mental health concerns, including the risk of suicide.
- b. Demonstrating how to ask trusted adults and friends for help with emotional or mental health concerns for oneself or others, including the risk of suicide.

HE5: Interpersonal Communication

Students will demonstrate use of skillful communication to contribute to better health for themselves, their families, and the community by....

- a. Demonstrating ways to respond appropriately to feelings expressed by others.
- b. Demonstrating ways to show respect for diversity, (e.g., mental and physical disabilities, culture, race/ethnicity, sexual orientation, age, socioeconomics).
- c. Demonstrate the ability to use mediation and negotiation skills to resolve conflict.

HE7: Decision Making

Students demonstrate the ability to make decisions that lead to better health by....

- a. Demonstrating individual and collaborative decision-making processes to resolve problems.

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Grades 9-12

HE1: Self Management

Students will understand how to reduce their health risks through the practice of healthy behaviors by....

- a. Demonstrating positive ways to cope with emotions, including strong feelings like anger, rejection, social isolation.
- b. Designing, implementing and evaluating a plan of healthy stress management.

HE2: Core Concepts

Students will show an understanding of health promotion and disease prevention concepts by....

- a. Describing the interrelationship of physical, mental, emotional and social health, (e.g., fight or flight response to stress).
- b. Describing signs, symptoms of depression, suicide, and mental health issues, (e.g., obsessive-compulsive disorder, autism).

HE3: Analyzing Influences

Students will show understanding of how culture, media, peers, family, and other factors influence healthy behaviors by....

- a. Analyzing internal and external factors that influence a positive self-image.

HE4: Accessing Information

Students will demonstrate the ability to access valid information and/or resources about health issues, services and products by....

- a. Demonstrating the ability to evaluate and access resources from a variety of sources, including school, community, and the internet for information and services regarding mental and emotional health issues.
- b. Evaluating factors that influence access to resources and support for mental and emotional health issues, including denial.

HE5: Interpersonal Communication

Students will demonstrate use of skillful communication to contribute to better health for themselves, their families, and the community by....

- a. Demonstrating skills for communicating effectively with family, peers, and others, (e.g., clear refusal, assertiveness, active listening, supportive body language).
- b. Developing strategies to support others and ask for help around issues of depression and suicide.

HE7: Decision Making

Students demonstrate the ability to make decisions that lead to better health by....

- a. Demonstrating a logical progression through a decision-making process that result in appropriate solutions regarding situations that could result in harm to self or others.
- b. Analyzing the immediate and long-term impact of decisions on the individual, family, and community.